



TAKING FLIGHT
MAN TALKS ABOUT
JET-POWERED
WINGSUIT {page 8}

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Tuesday, September 20, 2011
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News worth sharing.

Police chase ends in crash

► Firefighters had to cut apart one vehicle to rescue occupants ► Ottawa police won't say what prompted chase



JOE LOFARO
@METRONEWS.CA

Ontario's Special Investigations Unit (SIU) is investigating a police chase that ended with a car crash

and injuries at the intersection of Hunt Club Road and the Airport Parkway Sunday night.

Around 11 p.m., a police cruiser was pursuing a Lexus. The Lexus failed to stop and collided with another vehicle head-on as it

entered the intersection.

A woman sitting in the front passenger seat of the Lexus was hospitalized with serious, but non-life-threatening injuries, said SIU spokesperson Jasbir Brar.

Other people in the crash suf-

fered minor injuries or no injuries, she added.

Ricardo Henry, 31, was charged yesterday with two counts of negligence causing bodily harm, one count of failing to stop for police, and one count of resisting arrest.

The SIU sent a collision reconstructionist and two forensic investigators to the scene.

Police closed Hunt Club Road between the Airport Parkway and Downpatrick Road until 3:30 p.m. yesterday.

Missing. Women



► Supporters of Walk4Justice on Parliament Hill hold up mock coffins covered in paper butterflies marked with the names of missing and murdered women in Canada. More coverage, page 4.

JOE LOFARO/METRO

Giving a voice to those who have none

Election

On the campaign trail

► A look at some of yesterday's moments as candidates look to collect votes {page 3}

Concussion discussion

Head injuries on everyone's mind ahead of NHL season {page 16}

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► Clockwise from top left: Drummer Nick Bahry hugs NDP Leader Andrea Horwath on Bank Street yesterday; Liberal Leader Dalton McGuinty leans in to listen to patients at the Children's Hospital of Eastern Ontario; Deputy PC leader Christine Elliott, left, Ottawa-Vanier candidate Fred Sherman, centre, and Ottawa-West Nepean candidate Lisa MacLeod hold a press conference yesterday.

A day in the campaign life

► Candidates collect votes and a few unexpected moments yesterday ahead of election



JESSICA SMITH
@METRONEWS.CA

New Democrats

Ontario NDP Leader Andrea Horwath got an unsolicited hug from a tattooed, pierced and Mohawk-sporting busker as she campaigned on Bank Street yesterday. She reacted with grace, registering only a quick look of surprise before hugging him back and complimenting the strength with which he'd grabbed her.

She also got his vote, he said.

Horwath walked along

Bank Street, shaking hands and introducing herself and Ottawa-Centre candidate Anil Naidoo to everyone they met.

That included the hugger, drummer Nick Bahry, and his band The Buskrats in the Living Room.

"My challenge has been to get to meet as many Ontarians as possible, to get them to know me better and to tell them what our platform has in store," she said.

Liberals

Earlier in the day, Liberal Leader Dalton McGuinty lost an air hockey game

against Leah Parnell, a 17-year-old patient at the Children's Hospital of Eastern Ontario.

McGuinty and his wife Terri stopped by a craft table and chatted with patients while painting birdhouses before the Liberal leader spoke to a room full of health care professionals.

McGuinty gave a speech highlighting the improvements to health care his government has overseen — including a better disease screening program for newborns, new, free vaccinations for children and easing in the doctor

shortage by adding spaces at medical schools.

"That's why I'm so determined to win this election," he said.

Progressive Conservatives

In Vanier, local Progressive Conservative candidate Fred Sherman held a press conference along with Deputy PC Leader Christine Elliott and PC incumbent in Nepean-Carleton, Lisa MacLeod.

Sherman gave a short speech on PC's pocket-book platform, outlining their plans to take the HST and debt retirement charge off of hydro bills

and lower income tax on middle class families.

Karn Elmajr piped up with a question, asking if the PC's would let him sell liquor in his convenience store and what the party would do to help local businesses.

MacLeod told him her party has a small business bill of rights and would cut red tape and help lower his hydro bills, but didn't speak on the liquor issue.

"You got my vote," he said, adding he'd been a Liberal supporter for more than 40 years. "If you keep your promises."

1

news


New research points to a frightening link between child-abuse rates and economic turmoil in the U.S. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

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As the European banking system goes, so goes the stock market — and there's now reason to think good thoughts about Europe. Allan Small has more at metronews.ca

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Police to release sketch in teen slaying

Gatineau police are working on a composite sketch of a person of interest in Valerie Leblanc's murder.

The 18-year-old's beaten and burned body was dis-

covered on Aug. 23 on a trail behind CEGEP de l'Outaouais. An autopsy revealed she died of severe head trauma.

Police also say they have received new tips over the past few days that will help them in their investigation. The tips will be evaluated before the sketch is released, they said.

● METRO

Quick action saves heart attack victim at arena

A 40-year-old hockey player who suffered a heart attack yesterday afternoon on the players' bench was

given CPR and a jolt from a public-access defibrillator, thanks to an off-duty nurse and the man's teammates.

Paramedics said the man had a pulse and was breathing on his own by the time they arrived at John G. Mlacak arena in Kanata. The man was transported to hospital in stable condition.

● METRO

JOE LOFARO/METRO



► Walk4Justice co-founders Bernie Williams, left, and Gladys Radek led about 100 marchers on Parliament Hill yesterday to draw attention to the issue of missing women.

Not a walk in the park

► Marchers demand action on missing, murdered women



JOE LOFARO
@METRONEWS.CA

co-founder of Walk4Justice. "The justice system needs to be overhauled."

First Nations families made an emotional plea to the Canadian government yesterday after a journey to Ottawa from Vancouver on behalf of Walk4Justice.

The march started in British Columbia on June 21 and ended on Parliament Hill with organizers hoping to raise awareness of missing and murdered Canadian women. Between the time the marchers left and the time they arrived, there have been 36 new names added to the list, most of them aboriginal, Walk4Justice said.

"We need our own national aboriginal task force," said Gladys Radek,

When organizers led the first walk in 2008, there were 2,932 women's names on the list, co-founder Bernie Williams said. Now there are close to 4,200.

Rona Ambrose, minister for the status of women, announced a five-year, \$10-million action plan last year to help police and victims' services organizations deal with missing people. But Williams said it's not helping.

"Why is it that since 2008, the numbers have risen so highly?" she said.

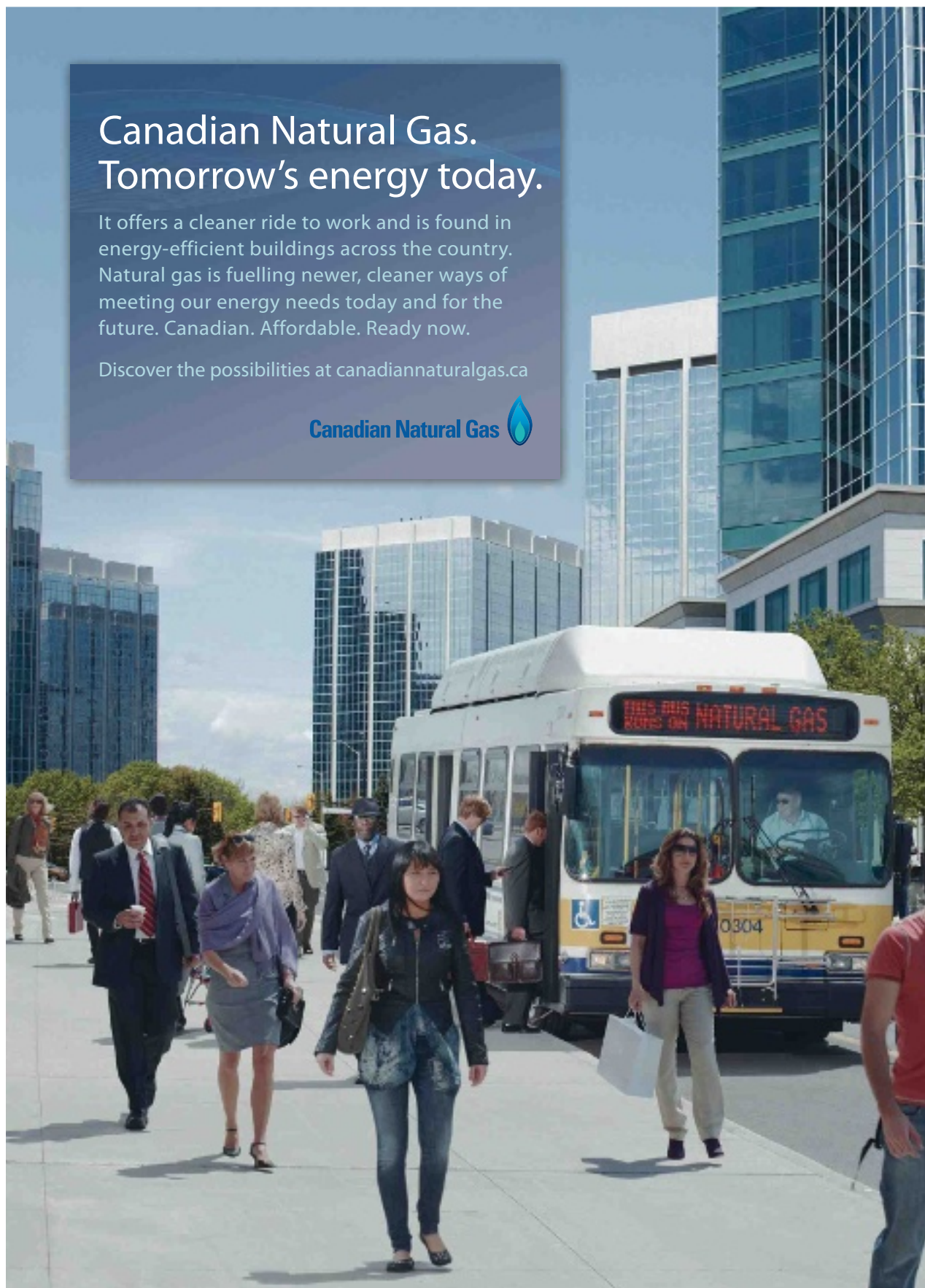
The group hoped to get its message across to MPs as they returned to the Hill for the 41st Parliament.

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Politicians unite to remember Jack

► Jack Layton died of cancer last month ► Prime minister says NDP leader was a fighter until the end

Politicking and partisanship briefly evaporated in the House of Commons yesterday as MPs remembered Jack Layton's courage, optimism and kindness.

The bitterness that has become a hallmark of parliamentary debate in recent years was nowhere in evidence as the tributes rolled out to waves of applause in the chamber where Layton often pleaded for greater civility.

Prime Minister Stephen Harper praised the late NDP leader as someone who earned the affection and respect of his fellow MPs.

Harper spoke of friendships that can

grow even between opponents.

"In the case of Jack Layton, I believe that all of us developed this affection inexorably," Harper said.

"His passion, his perseverance, his ability to be at once tough and cheerful would eventually win over even those who most strongly disagreed with him."

He said he and Layton rarely agreed, but they shared a love of country.

"In the heat of our debates, we too often forget that people of good will share the deepest motivations and the highest aspirations," he said. "We differ only on how we believe we should act on



► Olivia Chow, MP and widow of former NDP Leader Jack Layton, is applauded after delivering a tribute to her husband in the House of Commons yesterday.

these in order to address the practical problems that lie before us."

Interim NDP Leader Nycole Turmel pledged to keep her party true to Layton's legacy.

"Day after day, he fought for the little guy,"

she said. "In Jack Layton's memory we carry on this work."

Bob Rae, the interim Liberal leader, had a catch in his voice as he remembered Layton.

"While Jack is gone and has passed away, the

things that he stood for and the values that he had and the warmth and strength and quality of his personality will never die, will never disappear," Rae said.

He said Layton will not be forgotten.

"His passion, his perseverance, his ability to be at once tough and cheerful would eventually win over even those who most strongly disagreed with him."

PRIME MINISTER STEPHEN HARPER

"As an adversary and as a friend we shall miss him."

Harper and Turmel also paid tribute to Olivia Chow, Layton's widow and herself a Toronto MP.

Chow thanked Harper for granting her husband the honour of a state funeral and for the "comfort and support" he and wife Laureen offered both privately and publicly.

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FIKRIA HIDAYAT/KOMPAS IMAGES/THE ASSOCIATED PRESS



► An archaeologist working along the flanks of Mount Tambora shows unearthed remnants of villages that were buried beneath up to three metres of ash.

Villagers in awe of mountain

► April 1815 eruption killed 90,000 people ► Left crater 11 kilometres wide, one kilometre deep ► Spewed estimated 400 million tons of sulphuric gases

Bold farmers in Indonesia routinely ignore orders to evacuate the slopes of live volcanoes, but those living on Tambora took no chances when history's deadliest mountain rumbled ominously this month.

Villagers like Hasanuddin Sanusi have heard since they were young how the mountain they call home once blew apart in the

largest eruption ever recorded — an 1815 event widely forgotten outside their region.

The 45-year-old farmer didn't wait to hear what experts had to say when Mount Tambora started being rocked by a steady stream of quakes. He grabbed his wife and four young children, packed his belongings and raced down

its quivering slopes.

"It was like a horror story, growing up," said Hasanuddin, who joined hundreds of others in refusing to return to their mountainside villages for several days despite assurances they were safe. "A dragon sleeping inside the crater, that's what we thought. If we made him angry — were disrespectful to na-

ture ... he'd wake up spitting flames."

Authorities raised the alert to the second-highest level two weeks ago but said only villagers within three kilometres from the crater needed to evacuate.

That didn't stop hundreds of men, women and children living well outside the danger zone from leaving. **THE ASSOCIATED PRESS**



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08

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TUESDAY, SEPTEMBER 20, 2011

Flying Finn takes wing

► Everyone dreams of flying like a bird ► All it takes is a suit with wings ... and a pair of rocket engines

JOHN PALMEN/FOR METRO

"Like most good ideas, it came from the vodka bottle" — this is how Finland's Visa Parviainen describes the decidedly extreme sport of jet-powered wingsuit flying. He talks to Metro about how it feels to fly sky high.

How did you come up with this idea?

I'm a big fan of skydiving. Over the last years I have made 2,300 jumps. One time I went out drinking with some hot-air-balloon pilots and we decided to unite our forces.

How does it work?

The engines I use are from a Dutch company that can take off the ground any object that weighs less than 80 kilograms. They were designed for model airplanes but they were also used by the military. These are real rocket engines.

How are they attached to your

► Visa Parviainen, in his jet-powered wingsuit.



suit?

I have attached them to a pair of ice-hockey boots, which is great, as they are of a rigid and light design.

The first time I jumped out of that hot-air-balloon basket, it was terrifying. In spite of the fact that I was attached that time by safety wires to the balloon. But after 120 jumps, I have gotten used to it.

It looks and feels very natural. Simply imagine

where you would like to go and fly there. I feel a great sense of pleasure.

Tell me honestly: What do you want to achieve?

Everyone in childhood dreamed of flying, of being able to take to the skies with just your body. Imagine that now this is possible. There is no feeling in the world that is closer than this.

● SVYATOSLAV TARASENKO IN ST. PETERSBURG

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How far will \$1.5 trillion go?

► President Barack Obama's plan to cut U.S. deficit includes raising \$1.5 trillion in tax increases ► That's worth the economies of Mexico and Australia combined ► Metro discovers just how much you can buy with this money

President Barack Obama called for \$1.5 trillion US in new taxes yesterday, part of a 10-year deficit-reduction package totalling more than \$3 trillion. He vowed to veto any deficit-reduction package that cuts benefits to Medicare recipients but does not raise taxes on the wealthy and big corporations.

The president's proposal would predominantly hit upper-income taxpayers but would also reduce spending in mandatory - benefit programs, including Medicare and Medicaid, by \$580 billion. It also counts savings of \$1 trillion over 10 years from the withdrawal of troops from Iraq and Afghanistan.

THE ASSOCIATED PRESS



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For each person, an allowance ... and some pork

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- You could buy everyone on Earth an iPod.
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● LILLO MONTALTO MONELLA/
METRO WORLD NEWS
SOURCES: GLOBALRESEARCH.CA,
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Market moment

Dollar	Natural gas 1,000 cu ft
	\$3.801 (- 0.8¢)
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UGGS, CROCS, YOGA PANTS AND NOW ... LEGGINGS

SHE SAYS ...

JESSICA NAPIER
METRO



Last week, MSN Travel released their top 10 list of the world's worst-dressed cities. Anyone familiar with international travel won't be surprised to learn that eight out of the 10 cities listed are in North America; two of those offenders are Canadian.

Ottawa, you're forgiven for your eighth-place ranking — as home to sensible-suit-clad politicians you've got more serious things to worry about than leopard print versus polka dots for fall.

Vancouver, on the other hand, rightly earns its spot in third-place for its yoga-pant epidemic.

Those ubiquitous stretchy black pants seem permanently affixed to every woman (and most of the men) living in the Lower Mainland, regardless of whether or not they have plans to do Ashtanga.

But here's the thing, yoga pants aren't really all that bad. Yes, wearing them as

outwear when you're not en route to the gym reeks of laziness and an "I've given up" attitude, but at least they're functional as athletic wear.

Canada's biggest fashion faux pas is plaguing cities coast to coast. I'm talking of course about the yoga pant's ghastly cousin: leggings. Despite what you might want to believe, leggings, in all of their questionable incarnations (pleather, patterned, embellished), are not pants. Don't be fooled. While they do resemble a trouser, leggings are never an acceptable substitute for proper leg wear unless you're a superhero or a cat burglar.

I'm not going to lie, I've been there. For years I worshipped at the altar of American Apparel. I purchased those black cotton Spandex jersey standbys in bulk, ensuring that when one pair ripped — because they always did — there would be three more understudies waiting to step in. Oh how I loved those merciful waistbands, keeping me blissfully ignorant of my winter weight gain.

But then, in a luminous moment of clarity, I realized just how unforgiving these stretchy staples really are. I was kidding myself with my black-is-slimming mentality. They don't disguise anything; they cling in an entirely shameful manner to every lump and bump from your torso onward. And so I banished them to the back of the closet and embraced structured leg wear.

I'll admit, I still slip up from time to time — usually when I'm running late for a hungover brunch date and I can't face the suffocating reality of denim.

But whenever I'm tempted to reintroduce them into my regular wardrobe rotation, I just remind myself Lindsay Lohan designed an entire collection around this fashion DON'T.

Read more of Jessica Napier's columns at metronews.ca/shesays



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Do you think Remembrance Day should be a statutory holiday, as it is in most other provinces?

27%

NO



72%

YES

Local tweets



► @LynnLa-PasFine: OC transpo buses should not be allowed To take the Alexandra bridge to #Gatineau . They cause SO much traffic! #Ottawa

► @cassrob: Hahaha a look alike snooki & jionni couple in ottawa OMG

► @moollaman: if you "like" the ottawa sens page on FB, you can vote for nick-elback to be the official goal song. LEAF FANS: ASSEMBLE!

► @FadumaAbdi: Love how the bus drivers in Ottawa turn on the AC when its 5 degrees outside. Can u say hyperthermia? #OCTranspoFail #imreally-cold

► @hailleymari: Dropped off resumes today. Restaurants of Ottawa please hire me.

► @FriendsOfEmmet: Had a great show last week in Ottawa Can for World Suicide Prevention Day

Letters

Re: Cities can't ban shark fins, report says, published Sept. 7.

In Canada, laws that ban hunting demonstrate Canada's motive of preserving and protecting wild animals.

Of course, we kill animals for food, but we do not kill to the point where we knowingly endanger the species. The Chinese community's claiming that banning shark fins will take away from their culture should not affect the decision-making process. By making sure that shark fins are banned, in the long run we can possibly save the sharks from becoming an endangered species. By allowing more time to pass, the shark species becomes closer to being part of endangered species. Chopping off the fin and letting the shark back into the ocean would allow bodily toxins to dissolve in water. This will also affect other marine life. There has to be a regulation that prevents the shark species from becoming a threatened species. Bylaws have to come into effect as soon as possible to help control this dilemma.

KUJAANY KANA
TORONTO

Cartoon by Michael de Adder



WEIRD NEWS

Catch me if you can: Man disguised as pilot escapes

A man who disguised himself as an airline pilot tried to enter a restricted area of a New Zealand airport and then escaped after he was challenged.

New Zealand police say they are looking for a man who on Saturday entered the Auckland Airport

dressed in a white shirt with epaulets on his shoulders and a dark cap with a silver winged badge.

He was also carrying a large briefcase.

According to the police, the man tried to get into a restricted "airside" area before being challenged by ground staff.

The man then escaped from the airport and jumped into the passenger seat of a black Toyota van and drove away.

The incident is reminiscent of the 2002 movie *Catch Me If You Can*, which recounts the true story of a young con artist who successfully poses as an airline pilot before being caught by the FBI.

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keeps getting better.

2

scene

Scene in brief



Stephen Colbert meeting Radiohead calls for an hour-long episode of The Colbert Report. The Comedy Central show will air its first hour-long episode Sept. 26, when Colbert sits down with the British rock group. Radiohead will perform four songs, featuring material off its most recent album, The King of Limbs.

THE ASSOCIATED PRESS



Scan this code or visit metronews.ca/scene to find out who claimed the Polaris Prize at last night's gala.



► Cameron Crowe, left, directs Pearl Jam Twenty, which tells the story of Eddie Vedder and crew's success.

For the love of music

► Director Cameron Crowe indulges his passion for music and Eddie Vedder in Pearl Jam Twenty



NED EHRBAR
SCENE@METRONEWS.CA

Music has always played a major part in director Cameron Crowe's films, with 2000's *Almost Famous* being perhaps the most music-centric. So it was only a matter of time before he threw himself completely into a rock and roll documentary like he's done with *Pearl Jam Twenty*, about the iconic Seattle band. "Almost Famous was about loving music and being a fan, and *Pearl Jam Twenty* is about loving music and being a band," Crowe explains.

The film premieres tonight in cities around the world as a one-night cinematic event before starting

week-long runs in select cities Friday and heading to DVD October 25. Accompanying the film is a comprehensive book by Jonathan Cohen with Mark Wilkerson and a two-disc soundtrack of live recordings and bootlegs hand-selected by Crowe.

Crowe, a longtime friend of the band, admits a lot of inspiration for the project came from Martin Scorsese's 2005 Bob Dylan documentary, *No Direction Home*, which also eschewed a traditional theatrical run. "I felt so satisfied and inspired by that movie that I wanted to listen to more Bob Dylan," Crowe says. "It felt like a Bob Dylan experience, and I thought that if we can

make a movie the way a Pearl Jam record makes you feel, then we're in good shape."

The director, who managed to squeeze all the band members into his Seattle-set romantic comedy *Singles* back in 1992, insists this isn't your standard *Behind the Music* fare. "I've always felt that the story of Pearl Jam is a great story," Crowe says. "It's beyond just a rock story. In fact, it takes the usual rock story and turns it on its head. The usual rock story is incredible promise — brilliance, maybe. Tragedy cuts it short. And aren't we sad that we've lost this wonderful opportunity. Pearl Jam is exactly the opposite. It's a tragedy that

was surmounted. And these guys found joy through survival, and studying what happened with rock before with some of their heroes."

For the band, while the amount of focus and introspection might be uncomfortable at first, they're more than happy with the finished product. "Maybe it's good that this movie kind of happened now. We've been in grateful mode and appreciation mode of each other for, I think, for quite some time," says lead singer Eddie Vedder. "It's a galvanizing kind of moment to look at each other. It doesn't happen that often. You look at all the crowd reaction, or the family that is the people

that come to see the shows," Vedder says. "It's just music. It's just guitars and drums and bass. To have it turn into this other thing is kind of a monument. ... I don't mean to self-aggrandize, but it's really something to see it and witness it, and, in this case, be reminded of it and have it right there in front of us so that we can appreciate it even more. And know that we have a really strong base to, like, cover the next 20."

Screenings

- Pearl Jam Twenty screens tonight at select theatres across Canada.
- Visit filmswelike.com for locations and times.

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Hollywood's king of crazy calming down?

Maybe Charlie Sheen really is turning over a new leaf.

After a week of contrite and calm media appearances, the troubled actor took the Emmys stage to offer a mea culpa to his former co-workers.

"I want to take a moment to get something off my chest and say a few words to everybody here from Two and a Half Men," Sheen said while presenting the award for Out-

standing Actor in a Comedy Series.

"From the bottom of my heart, I wish you nothing but the best for this upcoming season."

● METRO



▶ Charlie Sheen

Kunis gets hacked, romance revealed?

● Rumours of Timberlake's manbits making an appearance persist

Justin Timberlake and Mila Kunis are shrugging off reports that Kunis' phone was hacked last week, leading to the discovery of several steamy photos of the Friends with Benefits stars, according to People magazine.

"At no time did Mr. Timberlake and Ms. Kunis exchange inappropriate texts or emails," a joint statement from their reps reads.

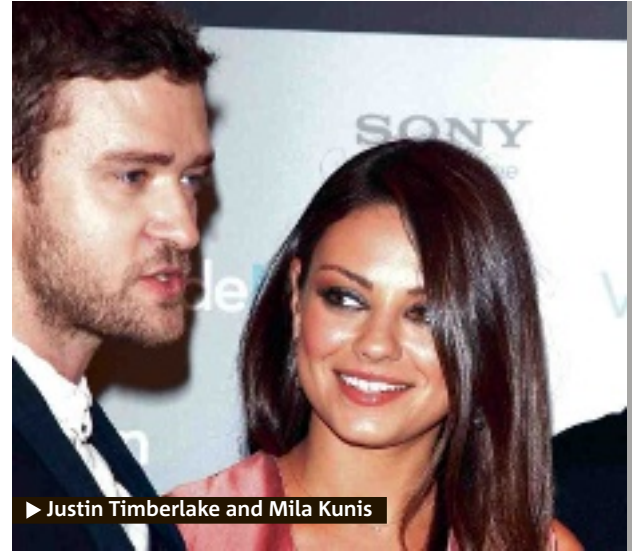
"The insistence that there is any inappropriate correspondence between the two parties is entirely false."

One of the alleged pho-

tos was said to be of Kunis in a bathtub, while another reportedly showed Timberlake with lingerie on his head. A third photo reportedly featured male genitalia.

"We would like to confirm that the photo addressed in the media of Ms. Kunis was in fact not from any phone but from an inactive email account that has not existed in three years," the statement reads. "In regards to the other photos in question, they were never exchanged between the two parties."

● METRO



▶ Justin Timberlake and Mila Kunis

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Alec clears up absence

Alec Baldwin bowing out of the Emmys Sunday had nothing to do with a tiff over Rupert Murdoch-related humour.

The actor had allegedly refused to take part in a comedy sketch for the awards show after a joke he

planned to make about the News of the World phone-hacking scandal was nixed by the show's network, Fox.

But Baldwin, who attended Tony Bennett's birthday party in New York that night, insists that had nothing to do with it.

"I skipped the Emmys because of this — because I wanted to be here," he told People magazine. "The Emmys have been in August for the last several years, but they moved to this date and I'd already committed to this." ● METRO



▶ Alec Baldwin

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► One expert says everyday painkillers are getting a bum rap.

Pregnancy and the pain

► Director of Motherisk program at Sick Kids preaches talking to your physician, not panic



CELIA MILNE
LIFE@METRONEWS.CA

Can you safely take Advil while you are pregnant? Ask your doctor.

A new study from the University of Montreal has revealed a possible link between NSAID painkillers and miscarriage.

While this study is a useful reminder that women should be cautious

about taking drugs in pregnancy, it certainly doesn't prove anything, says Dr. Gideon Koren, director of the Motherisk program at the Hospital for Sick Children in Toronto.

"It is a national sport in Canada to scare pregnant women, even through research which cannot prove the point," says Koren of the study.

"As a rule, Motherisk believes that in pregnancy

women should not self-prescribe, but rather talk to their physicians on needs, benefits and risks."

Here's how the Montreal study worked: Using a Quebec registry of patients, researchers found 4,705 women who had had a miscarriage.

Each case was compared to 10 women in the registry who had not had a miscarriage.

They looked back over

records to find out which women had been prescribed NSAIDs by a doctor. NSAIDs include celecoxib (Celebrex), rofecoxib (Vioxx), ibuprofen (Advil) and naproxen (Aleve).

They found that women who received at least one prescription for NSAIDs were more than twice as likely to have a miscarriage than women who did not.

The study, which was published in the Canadian Medical Association Journal, did not ask women whether they actually took the drugs, and did not include information about women taking over-the-counter Advil and Aleve.

"The study from Montreal has, we believe, major methodological problems that do not allow drawing a conclusion," says Koren.

3

life

Flu shot



As provinces get ready to roll out their annual flu shot programs, new research suggests vaccinating little kids could significantly reduce hospital visits during flu season. The study shows emergency department visits for flu-like complaints declined by 34 per cent.

THE ASSOCIATED PRESS



Lock up medications: More young kids getting inadvertently poisoned: study

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Concussions have impact

► Brain injuries — and preventing them — top of mind as NHL kicks off

With blades hitting the ice with the start of NHL training camps last Saturday, the issue of concussions in hockey is top of mind for a group of doctors, researchers and players who

want to educate the public about the potential long-term effects of the brain injury.

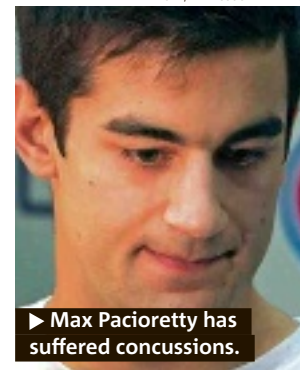
A public meeting held on the weekend at Toronto's St. Michael's Hospital

looked at the situations under which concussions occur and how they can be prevented, with a focus on teaching young players about the dangers of head trauma and how to better protect themselves from the danger.

"There's still an attitude out there that brain injury is like a broken arm," said neurosurgeon Dr. Michael Cusimano, who helped organize the conference. "We take our brains for granted, and we need to have people realize that you can't take your brain for granted."

Michael Hutchison, a post-doctoral fellow in injury prevention at St. Mike's, presented findings from a study of almost 200 concussions that occurred among NHL players from the start of the 2007 season to mid-season 2010.

By analyzing video clips



RYAN REMIOWZ/THE ASSOCIATED PRESS

of incidents that led to those brain injuries, Hutchison found that, not surprisingly, most are caused by direct hits to the head involving actions by other players — predominantly head shots with a shoulder, elbow or gloves of other players.

The study also showed that forwards incurred more concussions than defencemen.

THE CANADIAN PRESS

Best Health Minute



BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

Not all fats are bad For optimum health, don't cut out all fats; you should eat healthy fats (meaning the monounsaturated/polyunsaturated) each day, according to Canada's Food Guide. But even some of those are better than others.

The following four foods are all good in that they are low in saturated fat and have zero cholesterol.

Here's what's in one tablespoon in terms of calories and fat:

- Olive oil 120 calories, 14 grams fat (2 grams saturated)
- Margarine (non-hydrogenated) 105 calories, 12 grams fat (2 grams saturated)
- Peanut butter 90 calories, 7 grams fat (1 gram saturated)
- Avocado 24 calories, 2 grams fat (1 gram saturated)

My pick as a spread is avocado, hands down When that midmorning hunger hits, there I am spreading a quarter of an avocado onto a piece of wholegrain toast or a few crackers. A squeeze of lime gives it some zip, and this is a snack that sets you up until lunch time.

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- **Shaping Who We Are: The Effects of Stress on Children**
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 Fernand-Seguin Research Centre
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- **Genes, the Family and the Environment in the Eating Disorders: DNA, TLC or MTV?**
 Presented by: Dr. Howard Steiger
 Eating Disorders Program, Douglas University Institute
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 Presented by: Dr. Kathryn Gill
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BACK TO SCHOOL... DO YOU KNOW WHAT YOU AND YOUR KIDS ARE DRINKING?

Now that the kids have been back to school for a couple of weeks, it does feel like we are settling back into a routine. Part of that routine may include more running around, shuttling kids to their various activities.

It often means less time to perform some of the most basic, but important functions we may have as parents...such as ensuring our kids are eating healthy snacks and lunches. And never mind just the kids! We may find ourselves too rushed to put together a well balanced meal for ourselves too!

All too often, this can result in us just passing money to our kids to buy a lunch while we do that same at work. So off to the local cafeteria, corner store or fast food restaurant we go. And to go along with that meal, many of us will wind up buying a soft drink!

We all know that soft drinks contain huge quantities of sugar... and sugar has long been known to be the enemy of good oral hygiene. Sugar feeds the plaque that builds up on our teeth. The bacteria in the plaque can convert the sugar to acid which can break down the enamel. Thus we have the beginnings of tooth decay.

Many people might think switching to



Dr. Peter Georgopolous
Dental Surgeon

diet soft drinks might solve this problem as they are lower in sugar. However, what they lack in sugar they more than make up for with higher levels of acid. In particular, diet soft drinks tend to have higher levels of citric acid, which is detrimental to tooth enamel.

If you are drinking soft drinks, you should use a straw. This decreases the amount of the soft drink that comes in contact with the teeth, which, of course, is where you find the plaque. That reduces the chance for the bacteria to convert the sugar into enamel-destroying acids.

You should also finish the drink quickly rather than letting it linger. Finishing a drink in 10 minutes usually means the acid build up will continue for 30 minutes. However, if you take 60 minutes to finish your drink, acid will continue to be produced for 90 minutes afterwards!

And of course, you always need to brush. This helps keep the plaque under control as well as reducing the amount of sugar in your mouth. A good electric brush is more effective than a standard brush and we encourage you to consider investing in one.

Finally, regular visits to the dentist are also required to make sure you avoid the build up of plaque. A thorough cleaning at your dentist's office is essential to offset the negative effects of soft drinks.

Still the best solution is to look for healthier alternatives. Replace the soft drinks with nice, cold, tap water...no sugar and a great source of fluoride! Water is definitely a healthier option... because drinking fewer soft drinks is a healthy habit...and healthy habits lead to healthy lives.

Dr. Peter Georgopolous
- Dental Surgeon

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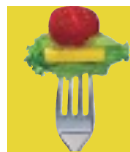


Mekong magic right in Ottawa

► This restaurant, named after a river in China, offers its customers scrumptious cuisine from the region ► Try eats like Wonton Soup and Crispy Beef

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA



Named after a river in China, Mekong means Mother of Water. But on Somerset Street, Mekong means Mother of Yummy. Steps away from the heart of Chinatown, this small restaurant was quiet and subdued during lunch



SHARI GOODMAN

► Crispy Beef (\$10.95).

— a contrast to the decor of bright fuchsia walls and tables covered with white paper to save the cloth from saucy splatters. The Wonton Soup was

lightly flavoured and studded with sliced greens. Floating in the middle were four round and full dumplings. They were large enough to require

Correction

In yesterday's Metro, Rose Reisman's Swap It identified a Starbucks Pumpkin Scone as having 78 g of fat instead of 78 g carbs.

cutting with my plastic Chinese spoon. The dough was delicate, not overcooked, and the filling was mild and meaty.

The Crispy Beef is a dish that's stuck on repeat for me. The thinly sliced beef that's deep-fried for crispiness and then finished in a tangy, sweet and spicy sauce always beckons and Mekong didn't disappoint.

My meal wouldn't be complete without a taste of fortune: "Something wonderful is about to happen to you."

I hope it's more yummy food.

Mekong Delight

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Reservations: Yes
Social lunch: Yes
Quick solo lunch: Yes
Client negotiations: Yes
Co-worker lunch: Yes
Price range: \$
Rating: 4 out of 5

Avoglemono Soup



Preparation:

- 1 In large saucepan over medium-high, melt butter. Add onion, carrots and garlic, sauté until onions and carrots are tender, 6 mins.
- 2 Add broth and bring to simmer. Add orzo and thyme, cook for 6 mins. or until orzo just tender but not mushy.

3 In medium bowl, whisk eggs and lemon juice. Ladle out 250 ml (1 cup) of broth and drizzle it into eggs while whisking. Remove saucepan from heat. While whisking broth

and vegetables in saucepan, slowly pour in egg mixture. Whisk until smooth, then season with salt and black pepper.

THE ASSOCIATED PRESS

Ingredients:

- 15 ml (1 tbsp) butter
- 1 yellow onion, diced
- 250 ml (1 cup) shredded carrots
- 2 cloves garlic, finely minced
- 1 l (4 cups) chicken broth
- 50 ml (1/4 cup) orzo pasta
- 5 ml (1 tsp) finely chopped fresh thyme
- 3 eggs
- 45 ml (3 tbsp) lemon juice
- Salt and black pepper

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Dear Charles,
What is the etiquette of engagement rings? Our specific question is, since the groom left the bride BEFORE they got married, can she keep the ring? It's an incredible rock and he can easily afford it because he has lots of money. What to do?



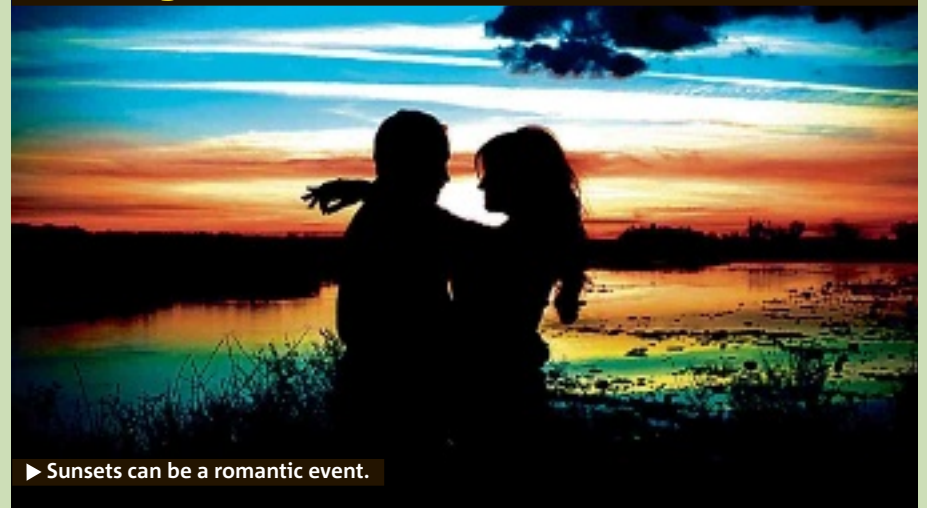
► Engagement rings are based on the promise of marriage.

Dear What to do,
I'm sorry to hear of this broken engagement. Matters of the heart are never easy. The honourable gesture is to return the ring.
Put the entire situation into a larger perspective.
The ring is based on the

promise of marriage. Therefore when this promise doesn't happen, keeping the ring puts your bride in the wrong.
We wouldn't want the bride to appear opportunistic and thus greedy. And be-

tween us, I personally believe by returning the ring she will surround herself with good karma for the next great man in her life!
HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

Date Night



► Sunsets can be a romantic event.

Ideas for your next date

1 Watch a sunset/rise together
Grab a blanket and some cocoa and snuggle up together to take in the most magical moments of each day.

2 Sweet dreams
Cosy up with your sweetie in your very own slumber party pour deux. Don't forget to play truth or dare — minus all the teenage-era awkwardness!

3 People watching
play-by-play
Hunker down on your

favourite park bench and provide a running commentary on the passersby: Guess who's on a first date, which guy's about to propose and who's taking a break from the kids!

GO TO 2FORCOUPLES.COM FOR MORE DATE NIGHT IDEAS

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is 10 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-75 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty sleeping	<input type="checkbox"/>	<input type="checkbox"/>
I am feeling low in energy and slowed down	<input type="checkbox"/>	<input type="checkbox"/>
My appetite has changed	<input type="checkbox"/>	<input type="checkbox"/>
I am experiencing feelings of guilt	<input type="checkbox"/>	<input type="checkbox"/>
I have lost interest in work and pleasurable activities	<input type="checkbox"/>	<input type="checkbox"/>
I feel hopeless about the future	<input type="checkbox"/>	<input type="checkbox"/>
I feel tense and anxious	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty making decisions	<input type="checkbox"/>	<input type="checkbox"/>
I am having trouble concentrating	<input type="checkbox"/>	<input type="checkbox"/>



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Look way past your family's immediate

back-to-school costs of books, calculators and clothing. According to TD Bank, a small child today will be faced with approximately \$80,000 in post-secondary education expenses.

Parents naturally want what's best for their kids, but the sheer price tag of education leaves them wondering how they're going to make it happen.

Rest assured; education is the most lucrative investment you can make in your child. According to the National Graduate's Survey, their long-term income earning ability is up to a million dollars greater than someone without post-sec-

ondary. Plus they'll benefit from more flexibility to pursue a career they're passionate about.

Planning ahead using the Registered Education Savings Plan (RESP) is the best way for families to save for a child's education.

The major benefits of the RESP are; first, money grows through the power of compounded returns; second, the growth is tax-deferred and; third, the government gives you free money toward the plan.

Start now. As soon as your child is born, or once you read this, open an RESP account for them. All you need is a Social Insurance Number for your child and a 30 minute appointment with your financial advisor.

A professional advisor will assist you in selecting the right investments for the RESP portfolio.

Contribute regularly. Every time you get paid, automatically contribute to the RESP that same day.

RESPs are the way forward

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Jack is only 3 1/2 years old but he has a portfolio. With \$1,600 in his RESP (Registered Education Savings Plan), he is starting down a lifelong path of saving and investing.

Since he's my grandson, my goal is to make sure that his nascent portfolio grows happily and safely until he heads off into the post-secondary world.

With some predicting that the cost of a four year degree will hit \$100,000 by the time he is of university age, I'd rather he have a shot at higher learning without being encumbered by a debt that will haunt him well into his 30s.

His parents, Jeff and

Claudia (my daughter), have all the usual challenges of young moms and dads from mortgages and car loans to saving for their retirement, not to mention all the wants that assail young homeowners from new carpeting to upgrading their kitchen. It's tough to find extra dollars for savings. Do they put those scarce funds in a TFSA (tax-free savings account), RRSP, RESP or devote the money to paying down debt?

Every situation is different, but in Jeff and Claudia's case, I'd rather a bit of money be devoted to Jack's RESP every month than to their RRSPs, if they have to make the choice.

And that's because education is a shorter-term obligation. Jack will be heading off to college or university decades before Jeff and Claudia retire.

While RRSPs provide a tax deduction, the CESG (Canada Education



▶ Alison's money rule: Free government money makes RESPs the best deal going for young families.

Savings Grant), tops up RESP contributions by 20 per cent on the first \$2,500 contributed.

Higher income families will get a little less on the first \$500 and lower income families more, but the average Canadian can count on that grant annually up to a maximum of \$7,200 over the life of the plan.

Once the money is inside an RESP you have to decide what to do with it. I posed this question to Jack as he

hammered the siding on my house with his new tools. He didn't have an answer. Jeff and Claudia don't have an answer either.

A bank advisor, eager to sell investment products, has already contacted them. Should they go with mutual funds? And if so, which of the 15,000 are their best bet?

Next week I'll tell you what I told them. **CONTACT ALISON AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM**

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*Graduates are eligible to write the OSMT certification examination. Successful completion of this exam will allow students to attain the designation of MLAT.

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS

in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

Your money section sponsored by:

Allan Small
Senior Investment Advisor – DundeeWealth

4
sports

Quoted



“That’s foolish on our part medically to put time frame out there.”

PHILADELPHIA EAGLES HEAD ATHLETIC TRAINER RICK BURKHOLDER, ON WHEN MICHAEL VICK MIGHT BE READY TO PLAY. VICK SUFFERED A CONCUSSION ON SUNDAY WHEN HE WAS SPUN AROUND BY A DEFENDER AND SLAMMED INTO RIGHT TACKLE TODD HERREMANS.



Scan code for more sports news.

Leafs, Senators give new nets a test drive

► Changes intended to help league’s video room to make correct calls



► Maple Leaf Colby Armstrong is stopped by Senators goaltender Alex Auld last night.

The NHL is making some tweaks with the start of pre-season play.

Some of the initiatives from last month’s research and development camp in Toronto made their way to the Air Canada Centre for Monday’s pre-season game between the Toronto Maple Leafs and Ottawa Senators.

Among the changes is a green verification line that runs three and a quarter inches behind the goal-line and shallower nets that feature thin mesh along the top and a clear plastic skirt

along the bottom.

The proposed tweaks are intended to make it easier for the league’s video room to make correct calls using instant replay. Some of them could be in use during the regular season.

“We want to get some good information so that we can take it to the board of governors and give them a good demonstration of what benefit it would be,” said Mike Murphy, the NHL’s senior vice-president of hockey operations. “That’s what we’re hoping

tonight, that we can get some good footage of it in practical use. We can put this forward.”

The board meets today and will likely vote on a proposal that includes the immediate introduction of the verification line and clear plastic skirting along the bottom of the goal, which gives referees a better view inside the net. Neither is considered an official rule change.

The verification line should be a major help during video review.

Essentially, if a puck can be seen touching part of the green line during a replay it means that it is completely in the net. Depending on the camera angle, it has sometimes been difficult to determine whether a puck has completely crossed the goal-line.

Nets that are four inches shallower will require an adjustment from goalies, but won’t be implemented right away. In fact, the league currently only owns the two that were used last night. **THE CANADIAN PRESS**

Danton comes to aid of convulsing teammate

Mike Danton played the hero in his opening game of the Swedish league.

The former NHL player, who served five years behind bars for a failed murder-for-hire plot, rushed to the aid of IFK Ore teammate Marcus Bengtsson, who was convulsing on the ice after a hard hit in Sunday’s season-opener.

Danton, 30, was released from prison in 2009 and then played two seasons with Saint Mary’s Huskies in Canadian university hockey before signing this summer with IFK Ore, which plays in the third tier of Sweden’s pro system.

“One of the luxuries of my prison experience afforded me to take a first aid course and become certified in first aid response,” Danton wrote in his blog on the website of DT, a Swedish newspaper.

According to Danton’s blog, Bengtsson took a late hit with about 14 minutes left in the game against Soderhamn/Ljusne. He lay on the ice suffering convulsions for six or seven minutes.

“As his eyes continued to roll into the back of his head, his mouth finally opened a bit,” wrote Danton, who is captain of the Swedish team. “It was at that time that I jammed my fingers into his mouth and clawed his tongue.”

Bengtsson was taken to hospital in Mora, about a 35-minute drive from Furudal. Danton wrote that Bengtsson was alert in hospital but had no memory of the incident.

IFK Ore went on to win the game 4-3.

Danton scored nine goals in 87 NHL games with the St. Louis Blues and New Jersey Devils. He helped Saint Mary’s win its first Canadian university hockey championship while maintaining a straight A average.

The Brampton, Ont., native had hoped for a return to the NHL after his parole ended in January, which lifted his restrictions on travel.

THE CANADIAN PRESS

Chiefs lose star running back



► Jamaal Charles

The season is over for Jamaal Charles.

The All-Pro running back will go on injured reserve after tearing the anterior cruciate ligament in his left knee, a person familiar with the injury told The Associated Press, leaving the

winless Kansas City Chiefs without one of their best offensive players.

The person spoke on condition of anonymity because the Chiefs do not disclose injury details.

Charles, the NFL’s second leading rusher last sea-

son, sustained the injury after taking an awkward step finishing off a run in the first quarter of Sunday’s 48-3 loss to the Detroit Lions.

Charles had an MRI exam yesterday that revealed the extent of the injury.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
New York	92	60	.605	—
Boston	87	66	.569	5½
Tampa Bay	85	67	.559	7
Toronto	77	75	.507	15
Baltimore	63	89	.414	29

CENTRAL DIVISION				
	W	L	Pct	GB
x-Detroit	89	64	.582	—
Cleveland	75	76	.497	13
Chicago	74	78	.487	14½
Kansas City	67	87	.435	22½
Minnesota	59	93	.388	29½

WEST DIVISION				
	W	L	Pct	GB
Texas	88	65	.575	—
Los Angeles	75	69	.546	4½
Oakland	69	84	.451	19
Seattle	64	89	.418	24

x — clinched playoff berth

Sunday's results
Toronto 3 N.Y. Yankees 0
L.A. Angels 11 Baltimore 2
Tampa Bay 8 Boston 5
Chicago White Sox 10 Kansas City 5
Cleveland 6 Minnesota 5
Detroit 3 Oakland 0
Texas 3 Seattle 0

Yesterday's results
Baltimore 6 Boston 5 (1st game)
N.Y. Yankees 6 Minnesota 4
Seattle 12 Cleveland 6 (7 innings)
L.A. Angels at Toronto

Today's games
Chicago White Sox (Floyd 12-11) at Cleveland (Carmona 6-15), 1:05 p.m. (Doubleheader)
Tampa Bay (W.Davis 10-9) at N.Y. Yankees (Nova 15-4), 7:05 p.m.
L.A. Angels (Pineiro 6-7) at Toronto (Cecil 4-9), 7:07 p.m.
Baltimore (VandenHurk 0-0) at Boston (Bedard 5-9), 7:10 p.m.
Detroit (Penny 10-10) at Kansas City (Mendoza 0-0), 8:10 p.m.
Seattle (Vargas 8-13) at Minnesota (Hendriks 0-2), 8:10 p.m.
Texas (D.Holland 14-5) at Oakland (Harden 4-3), 10:05 p.m.

CFL

WEEK 13

EAST DIVISION							
	GP	W	L	T	PF	PA	Pt
Winnipeg	11	8	3	0	265	252	16
Montreal	11	6	5	0	340	276	12
Hamilton	11	5	6	0	296	308	10
Toronto	11	2	9	0	226	320	4

WEST DIVISION							
	GP	W	L	T	PF	PA	Pt
Edmonton	11	7	4	0	267	250	14
Calgary	11	7	4	0	288	290	14
B.C.	11	5	6	0	292	244	10
Saskatchewan	11	4	7	0	267	303	8

Friday's game
All Times Eastern
Montreal at Edmonton, 9 p.m.

Saturday's games
B.C. at Saskatchewan, 4 p.m.
Winnipeg at Toronto, 7 p.m.

Sunday's game
Calgary at Hamilton, 1 p.m.

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
x-Philadelphia	98	53	.649	—
Atlanta	87	66	.569	12
New York	73	80	.477	26
Washington	72	79	.477	26
Florida	69	84	.451	30

CENTRAL DIVISION				
	W	L	Pct	GB
Milwaukee	90	63	.588	—
St. Louis	83	69	.546	6½
Cincinnati	74	79	.484	16
Pittsburgh	68	85	.444	22
Chicago	67	86	.438	23
Houston	52	100	.342	37½

WEST DIVISION				
	W	L	Pct	GB
Arizona	88	65	.575	—
San Francisco	83	70	.542	5
Los Angeles	76	76	.500	11½
Colorado	70	82	.461	17½
San Diego	65	88	.425	23

x — clinched playoff berth

Last night's results
St. Louis at Philadelphia
Atlanta at Florida
Houston at Cincinnati
Milwaukee at Chicago Cubs
San Diego at Colorado
Pittsburgh at Arizona

Sunday's results
Milwaukee 8 Cincinnati 1
Washington 4 Florida 3
N.Y. Mets 7 Atlanta 5
Houston 3 Chicago Cubs 2
San Francisco 12 Colorado 5
Arizona 5 San Diego 1
L.A. Dodgers 15 Pittsburgh 1
St. Louis 5 Philadelphia 0

Today's games
Washington (Detwiler 2-5) at Philadelphia (K.Kendrick 8-6), 1:05 p.m. (Doubleheader)
Atlanta (Delgado 0-1) at Florida (Ani.Sanchez 8-8), 7:10 p.m.
Houston (Norris 6-10) at Cincinnati (H.Bailey 8-7), 7:10 p.m.
Milwaukee (Marcum 12-7) at Chicago Cubs (R.Wells 7-4), 8:05 p.m.
N.Y. Mets (Pelfrey 7-12) at St. Louis (E.Jackson 5-2), 8:15 p.m.
San Diego (Latos 7-14) at Colorado (Chacin 11-12), 8:40 p.m.
Pittsburgh (Morton 9-10) at Arizona (D.Hudson 16-10), 9:40 p.m.
San Francisco (Lincecum 13-12) at L.A. Dodgers (Kershaw 19-5), 10:10 p.m.

NHL

PRE-SEASON

Yesterday's results
Nashville (ss) 5 Florida (ss) 3
Carolina at Buffalo
Ottawa at Toronto
Nashville (ss) at Florida (ss)

Tonight's games
All Times Eastern
Philadelphia at Toronto, 7 p.m.
Winnipeg (ss) at Columbus (ss), 7 p.m.
Nashville vs. Washington (at Baltimore), 7 p.m.
Dallas at Montreal, 7:30 p.m.
Tampa Bay at St. Louis, 8 p.m.
Columbus (ss) at Winnipeg (ss), 8:30 p.m.
Chicago vs. Edmonton (ss) (at Saskatoon), 9 p.m.
Vancouver (ss) at Calgary (ss), 9 p.m.
Minnesota at Edmonton (ss), 9 p.m.
Phoenix at Anaheim, 10 p.m.
Calgary (ss) at Vancouver (ss), 10 p.m.

ORIOLES 6, RED SOX 5

FIRST GAME									
Baltimore	ab	r	h	bi	Boston	ab	r	h	bi
Angle cf-f	4	0	1	2	Ellsury cf	5	0	1	0
Hardy ss	5	1	2	1	Scutaro ss	3	2	3	0
Markis rf	4	0	0	0	AdGnzl 1b	4	1	2	2
Guerr dh	5	0	1	0	Pedroia 2b	4	0	1	1
Wieters c	2	0	1	0	D.Ortiz dh	4	1	1	0
C.Davis 1b	4	1	0	0	Reddick rf	3	0	1	0
Andino 2b	4	1	1	2	Lvrnyw ph	1	0	0	0
Reimld lf	4	2	2	1	Gthrght lf	0	0	0	0
AdJons cf	0	0	0	0	Sltmch c	4	0	1	1
J.Bell 3b	4	1	0	0	Aviles 3b	4	0	0	0
					DlMcDn lf-rf	4	1	2	1
Totals	36	6	8	6	Totals	36	5	12	5
Baltimore					002	310	000	6	
Boston					001	120	100	5	
E—D.McDonald (3), DP—Baltimore 3, LOB—Baltimore 7, Boston 5, 2B—Angle (4), Wieters (28), Scutaro (21), Ad.Gonzalez (44), Reddick (18), 3B—Pedroia (3), Saltalamacchia (3), HR—Hardy (28), Andino (4), Reimold (12), D.McDonald (6).									
Baltimore	IP	H	R	ER	BB	SO			
Guthrie W,9-17	6	10	4	4	1	3			
Patton H,2	2-3	2	1	1	0	0			
Eyre H,2	1-3	0	0	0	0	0			
Rapada H,5	1-3	0	0	0	0	0			
Strop H,2	2-3	0	0	0	0	1			
Ji.Johnson S,7-12	1	0	0	0	0	0			
Boston									
Weiland L,0-3	4-2	3	5	6	5	2			
Doubront	11-3	0	0	0	0	1			
Aceves	3	3	0	0	1	4			
T—2:50, A—37,885 (37,065).									

CIS FOOTBALL

WEEK FOUR

ATLANTIC CONFERENCE

	GP	W	L	T	PF	PA	Pt
Acadia	2	2	0	0	81	19	4
Saint Mary's	2	1	1	0	64	25	2
Mt. Allison	2	0	2	0	37	90	0
St. F. Xavier	2	0	2	0	19	98	0

QUEBEC CONFERENCE							
	GP	W	L	T	PF	PA	Pt
Laval	3	3	0	0	100	49	6
Sherbrooke	3	2	1	0	91	76	4
Concordia	3	2	1	0	88	63	4
Montreal	3	2	1	0	49	47	4
Bishop's	3	1	2	0	77	73	2
McGill	3	0	3	0	35	101	0

ONTARIO CONFERENCE							
	GP	W	L	T	PF	PA	Pt
Western Ontario	3	3	0	0	175	56	6
Windsor	3	2	1	0	98	66	4
McMaster	3	2	1	0	68	69	4
Ottawa	3	2	1	0	67	55	4
Toronto	3	2	1	0	36	58	2
Wilfrid Laurier	3	1	2	0	121	106	2
Guelph	3	1	2	0	65	69	2
Queen's	3	1	2	0	86	80	2
York	3	1	2	0	35	74	2
Waterloo	3	0	3	0	53	171	0

CANADA WEST CONFERENCE							
	GP	W	L	T	PF	PA	Pt
Calgary	3	3	0	0	116	57	6
Saskatchewan	3	2	1	0	87	43	4
British Columbia	3	2	1	0	86	70	4
Manitoba	3	2	1	0	79	71	4
Alberta	3	0	3	0	57	100	0
Regina	3	0	3	0	21	105	0

Friday's games
All Times Eastern
Sherbrooke at Concordia, 7 p.m.
Saskatchewan at Calgary, 10 p.m.

Saturday's games
Saint Mary's vs. Mount Allison, 12 noon (at Moncton, N.B.)
Windsor at Waterloo, 1 p.m.
Queen's at York, 1 p.m.
McMaster at Guelph, 1 p.m.
Western Ontario at Wilfrid Laurier, 1 p.m.
Toronto at Ottawa, 1 p.m.
Montreal at Bishop's, 1 p.m.
Regina at Alberta, 3 p.m.
Manitoba at British Columbia, 4 p.m.
St. Francis Xavier at Acadia, 6 p.m.

Sunday's game
McGill at Laval, 1 p.m.

NFL

WEEK TWO

AMERICAN CONFERENCE

EAST					
	W	L	T	Pct	PF
New England	2	0	0	1.000	73
Buffalo	2	0	0	1.000	79
N.Y. Jets	2	0	0	1.000	59
Miami	0	2	0	.000	37

SOUTH					
	W	L	T	Pct	PF
Houston	2	0	0	1.000	57
Jacksonville	1	1	0	.500	19
Tennessee	1	1	0	.500	40
Indianapolis	0	2	0	.000	26

NORTH					
	W	L	T	Pct	PF
Cincinnati	1	1	0	.500	49
Baltimore	1	1	0	.500	48
Cleveland	1	1	0	.500	44
Pittsburgh	1	1	0	.500	31

WEST					
	W	L	T	Pct	PF
Oakland	1	1	0	.500	58
San Diego	1	1	0	.500	45
Denver	1	1	0	.500	44
Kansas City	0	2	0	.000	10

NATIONAL CONFERENCE

EAST					
	W	L	T	Pct	PF
Washington	2	0	0	1.000	50
Philadelphia	1	1	0	.500	62
Dallas	1	1	0	.500	51
N.Y. Giants	0	1	0	.000	14

SOUTH					
	W	L	T	Pct	PF
New Orleans	1	1	0	.500	64
Tampa Bay	1	1	0	.500	44
Atlanta	1	1	0	.500	47
Carolina	0	2	0	.000	44

NORTH					
	W	L	T	Pct	PF
Green Bay	2	0	0	1.000	72
Detroit	2	0	0	1.000	75
Chicago	1	1	0	.500	43
Minnesota	0	2	0	.000	37

WEST					
	W	L	T	Pct	PF
San Francisco	1	1	0	.500	57
Arizona	1	1	0	.500	49
St. Louis	0	1	0	.000	13
Seattle	0	2	0	.000	17

Last night's result
St. Louis at N.Y. Giants

Sunday's results
Atlanta 35 Philadelphia 31
Buffalo 38 Oakland 35
Cleveland 27 Indianapolis 19
Dallas 27 San Francisco 24 (OT)
Denver 24 Cincinnati 22
Detroit 48 Kansas City 3
Green Bay 30 Carolina 23
Houston 23 Miami 13
New England 35 San Diego 21
New Orleans 30 Chicago 13
N.Y. Jets 32 Jacksonville 3
Pittsburgh 24 Seattle 0
Tampa Bay 24 Minnesota 20
Tennessee 26 Baltimore 13
Washington 22 Arizona 21

TENNIS

ATP BRD NASTASE TIRIAC TROPHY

At Bucharest, Romania
Singles — First Round
Joao Souza, Brazil, def. Tommy Robredo (5), Spain, 6-4, 7-6 (5).
Frederico Gil, Portugal, def. Jeremy Chardy, France, 2-6, 6-4, 6-3.

WTA WANLIMA GUANGZHOU INTERNATIONAL OPEN

At Guanzhou, China
Singles — First Round
Petra Martic (4), Croatia, def. Chang Kai-chen, Taiwan, 6-4, 6-4.
Urszula Radwanska, Poland, def. Anastasia Rodionova, Australia, 7-6 (5), 6-4.
Noppawan Lertcheewakarn, Thailand, def. Zheeng Saisai, China, 7-5, 6-0.

Doubles — First Round
Liang Chen and Tian Ran, China, def. Alona Bondarenko and Mariya Koryttseva, Ukraine, 4-6, 6-3, 12-10 (tiebreak).

ATP MOSELLE OPEN

At Metz, France
Singles — First Round
Gilles Muller (8), Luxembourg, def. Philipp Petzschner, Germany, 7-6 (2), 7-6 (5).
Marcos Baghdatis, Cyprus, def. Matthias Bachinger, Germany, 7-5, 6-2.

Doubles — First Round
Michael Kohlmann and Alexander Waske, Germany, def. James Cerretani, U.S., and Philipp Marx, Germany, 6-3, 7-5.
Kenny de Schepper and Arnaud Clement, France, def. Jamie Delgado and Jonathan Marray, Britain, 6-3, 4-6, 10-7 (tiebreak).

WTA HANSOL KOREA OPEN

At Seoul, South Korea
Singles — First Round
Dominika Cibulkova (4), Czech Republic, def. Arantxa Parra Santonja, Spain, 6-3, 7-5.
Klara Zakopalova, Czech Republic, def. Ayumi Morita, Japan, 6-3, 6-4.
Alexandra Dulgheru, Romania, def. Arantxa Rus, Netherlands, 2-6, 6-0, 7-5.

Doubles — First Round
Vera Dus

Crossword

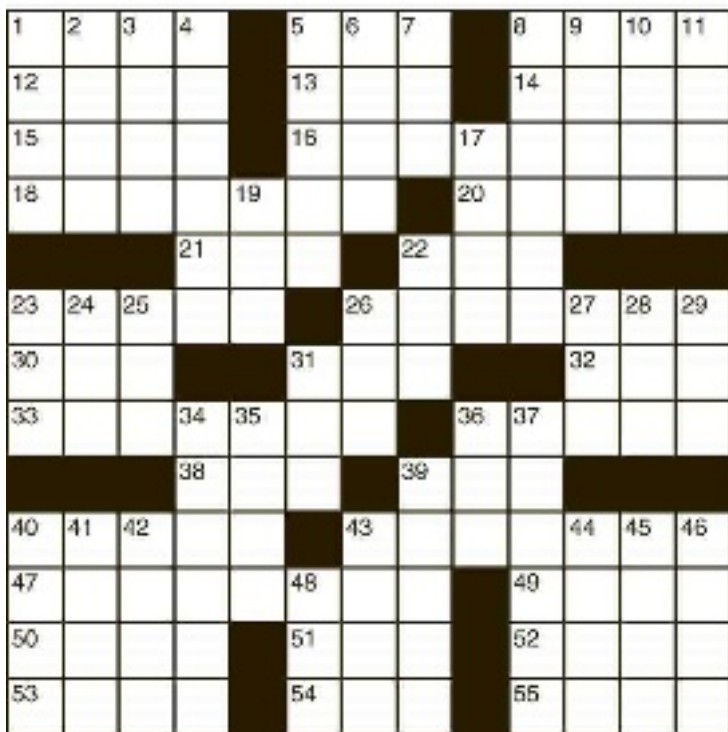
Across

1 Padlocked fastener
5 Pigpen
8 Human heart, basically
12 Always
13 Before
14 Sandwich cookie
15 Note from the boss
16 Staff with robots?
18 Ape, e.g.
20 Pie-in-the-face sound
21 — de deux
22 Same (Pref.)
23 Verbalizes, Biblically
26 Weather conditions
30 White wine aperitif
31 Stir-fry pan
32 Trotted
33 Mosque leader's office
36 "The Silence of the —"

38 "— Impossible"
39 Help
40 Thingamajig (Var.)
43 Enliven
47 Quite close
49 "American —"
50 Gangster's subordinate
51 Dress in
52 Tiers
53 Hosiery woe
54 Suitable
55 Slave to cross-words?

Down

1 Rope fibre
2 State with convic-



tion
3 Big truck
4 On time
5 Airplane furniture
6 Verifiable
7 Nevertheless
8 Cheerleader's prop
9 Caspian Sea feeder
10 Transcending (Pref.)
11 Versifier
17 Bone (Pref.)
19 Backrub response
22 Sort
23 Enjoy Aspen
24 Intention
25 Playwright Levin

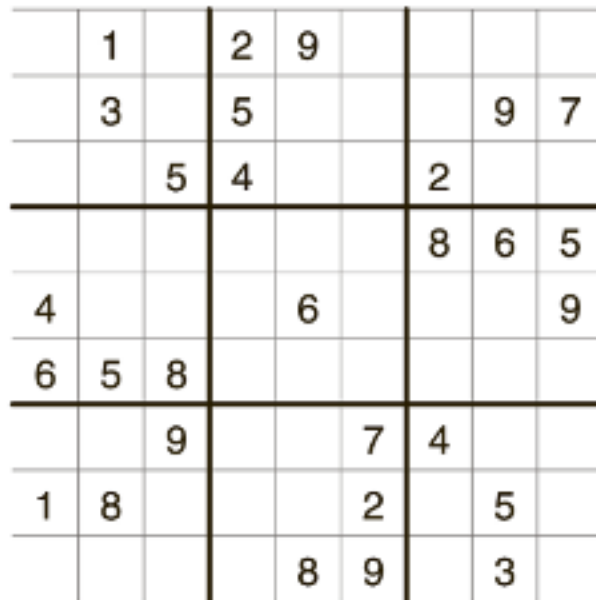
26 Miler Sebastian
27 Branch
28 Bill
29 Type measures
31 Lbs., ozs., et al.
34 Acting out wordlessly
35 Teeny bit
36 Roman 52
37 Put on a pedestal
39 Regarding
40 Showbiz jobs
41 Part of the loop
42 Old portico
43 On
44 Commotions
45 It may be

46 Otherwise
48 Oklahoma city

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

7	3	1	6	9	2	8	5	4
4	2	5	7	1	8	3	6	9
9	8	6	4	3	5	7	1	2
5	7	9	3	2	1	4	8	6
1	6	8	9	4	7	2	3	5
2	4	3	5	8	6	1	9	7
8	9	4	2	5	3	6	7	1
6	1	2	8	7	9	5	4	3
3	5	7	1	6	4	9	2	8

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Sugarbear
Hey Babe, love you very much! Even with all that's going on right now I will always have your back because you have always had my back and I respect that so much!! I don't know what I would do without you. Age, Race, none of that matters when you got someone that's real to you and loves you for you! Keep your head up baby, your all mine and always will be, can't wait to cuddle you again and see you smile! =) Never let anyone bring you down, your a star in my eyes! **FROM CANDYSWEETZ**

Lake

As a river I am in love with lake. Sometimes it takes longer to reach the shore, but it eventually does. So be patient and stay strong n keep your heads up. You are my one n only true love L. Take care. Smile pl.:))

FROM RIVER

Today's horoscope

♈ Aries March 21-April 20 Stay positive, and great things will happen.

♉ Taurus April 21-May 21 You still have enough time to put the finishing touches to something of a creative nature.

♊ Gemini May 22-June 21 If you somehow get involved in a dispute between friends or relatives today you must be even-handed.

♋ Cancer June 22-July 22 Change is good and positive.

♌ Leo July 23-Aug. 23 If you want something enough you will find a

way to get it, but it may cost you more than you expected.

♍ Virgo Aug. 24-Sept. 22 You will always get another chance.

Don't put pressure on yourself unnecessarily.

♎ Libra Sept. 23-Oct. 23 You are on the cusp of a wonderful new phase.

♏ Scorpio Oct. 24-Nov. 22

Focus on what you desire today and you might just get it.

♐ Sagittarius Nov. 23-Dec. 21

If you throw in the towel now you will regret it later when the omens turn in your favour.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♑ Capricorn Dec. 22-Jan. 20

Make use of the Sun's last days in helpful Virgo to finalize your plans. Then, when the Sun crosses the career angle of your chart on Friday, you can act with the confidence of knowing you will succeed.

♒ Aquarius Jan. 21-Feb. 18

Whatever kind of news you receive today, don't take it too seriously.

♓ Pisces Feb. 19-March 20. You

need to make a decision about a partnership or relationship matter, and you need to make it soon.

● **SALLY BROMPTON**

Caption contest



"Now this is what I call a Double-Double"
ALEX



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metro

Web to speed up innovation

► Online video is inspiring global conversations and will change the way we approach world issues

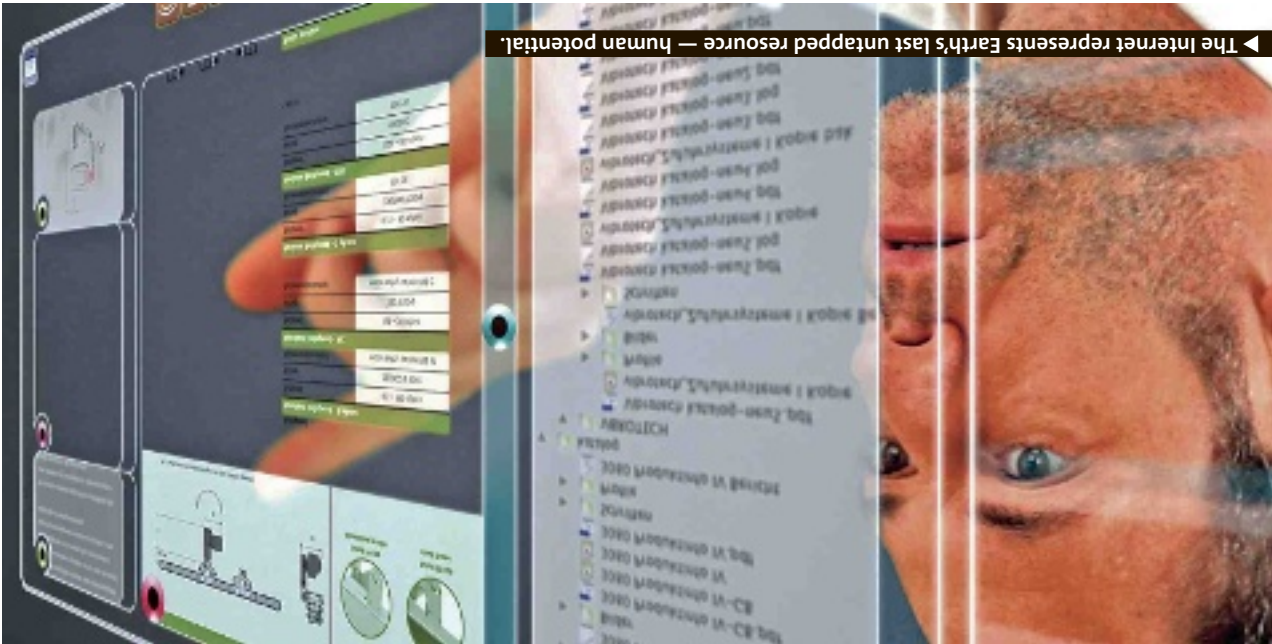
The Internet is bringing people around the world together to tackle the challenges facing our generation. In 2031, it will have radically changed the way we approach our collective challenges, thanks to some-thing Chris Anderson, curator of the global TED conferences, calls crowd-accelerated innovation. It's the use of online video to speed up innovation. You create a video and post it on YouTube. Tens of thousands of people watch it, share it, talk about it, vote on it...and are inspired to create their own video building on yours. And so on. And so on.

In the year 2031, a generation of passionate activists, artists, scientists and entrepreneurs around the world will build projects together.

Because we can all be each other's inspiration, supporters, collaborators, and critics, web video offers the potential for challenges to be approached from many perspectives with stronger solutions. The global conversation is already growing. Consider the TED conferences, which are built on the mantra of "ideas worth spreading."

Goran Kimovski, organizer of TEDxKids@BC in Vancouver, said change will occur because of "the sum of tools and platforms that will enable the formation of true communities with no actual boundaries that can be represented geographically."

Tara Mahoney is the creative director of Gen Why, an organization that uses the Internet to inspire the

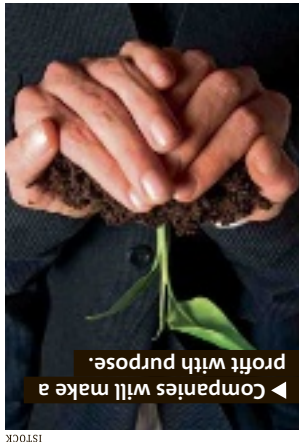


► The Internet represents Earth's last untapped resource — human potential.

from movements occurring around the world that Internet access can translate to having a voice, and it becomes more difficult to dismiss the Internet as a luxury. In the future, the Internet will expand from a human right to a democratic man right in the next 20 years we take advantage of it, a better world is within reach.

Selin Jessa, 16, is a grade 11 student who is passionate about the use of art, science and technology to tackle our generation's challenges.

New meaning to making some green



► Companies will make a profit with purpose.

Are profitability and effect- ing social change mutually exclusive? Not in 2031. Social entrepreneurs will be applying innovative solutions to pressing social problems to achieve sustainable profit margins while effecting social good. "Challenges like poverty, hunger and the environment have been around for some time. Traditional approaches have yet to create systemic and sustainable change. We need a fresher, more unique approach — social entrepreneurship — to tackle these issues," said founder of Free the Children and its social enterprise arm, Me to We.

Based on this need, it's predictable that within one generation, social enterprise will become a third sector working parallel to profit and non-for-profit sectors.

Amalea Krebs, founder of ethicalDeal, an online company that uses the group buying model to make green mainstream, agrees that we're at a tipping point. "The demand for products and services that are healthy for the planet and the community is increasing. More and more companies are demonstrating that you can make profit with pur-

poses." In 20 years, this will be the norm. The first step, said Keilburger, is to make the spirit of entrepreneurialism a part of everyday life through the school system, development opportunities and institutes like MARKS, a not-for-profit that works to commercialize publicly funded medical research.

Tarini Chandak, 18, is a first-year financial management student at the University of Waterloo.

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The car of tomorrow

► Imagine a vehicle that not only operates on electric power, but one that uses solar energy and recycled materials to save energy — and the planet

u-turns or park in tight areas (such as downtown districts, parking lots and sidestreets). Strips of LED lights are placed on the front and rear wheel covers for better visibility, while using less power and creating

similar to spokes) act as the rubber cushioning. The wheels maintain the same shock absorption as standard suspensions while eliminating the chance of rubber tire failures. Also, the new wheel design further reduces toxic pollution created from manufacturing tire rubber. One of the most unique features of this vehicle is its capability to have the front and rear wheels fold in together. As the wheels move in, the wheelbase shortens, making it easier to turn around, make

Each wheel runs on its own individual motor, reducing blind spots. And all panels are painted with biodegradable paints instead of toxic chemicals. Large windows give the driver more natural light for better visibility and reduced blind spots. Instead of using air-filled tubes, the individual suspensions (positioned in six,

The automobile of 2031 can seat one to two passengers, depending on the model. Instead of gasoline, this vehicle operates on electric power, which is obtained through the solar panel roof and electric charge (power outlets). As the car is running, the solar panel is stored in battery cells underneath the driver's seat and vehicle. All of the interior, exterior body panels and covers are made from recycled metals and plastics (to reduce manufacturing new



MATTHEW LAW

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The news is...in your head?



► Head implants will receive the news in 2031.

The newspaper you are holding in your hand, the news networks we watch after coming home from dinner — these are our windows to the rest of the world. But by 2031, innovations in technology could change the window we look through and even ourselves.

Social media: Delivering

your news in 2031

Social media will be at the forefront of news delivery in 20 years. Unfettered, first-hand perspectives from real-life people will be the order of the day. Imagine checking news from social media... Facebook or Twitter and hearing stories from soldiers on the front line in real time, or from aid workers at the scene of a tsunami. With such profound changes, the ethics of news reporting will undoubtedly be altered. According to Bryan Orend, a philosophy professor at the University of Waterloo

News microplants in your

ear? Yes, please

What if we went beyond changing the news, and

Howard Leung is a University student studying accounting. He is interested in global and local issues.

What if we went beyond changing the news, and

changed ourselves? What if we could biologically re-model our brains in order to get real-time updates? Some people may no longer be content with a BlackBerry. They may want micro-chips installed in their heads instead. Alan Lacopi, the operations director for the Queensland Micro and Nanotechnology Centre, said such innovations are possible. While receiving images in the brain may be a long way off, in 20 years Lacopi suggests that this will be the norm.

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Conserving Canada's 'liquid gold'



DAVID VAN DYKE/PHOTO ILLUSTRATION

► The Toronto waterfront if water conservation efforts fail.

Water is one of the world's most precious resources, and although Canada seems to have plenty of lakes and rivers, we need to be just as careful as every other country in conserving our share of this fast-depleting "liquid gold."

Bob Sandford, an adviser to the Rosenberg International Forum on Water Policy, said Canadians are among the world's greatest water wasters and polluters — second only to America in per capita water use. Although we know we need to protect it, water remains one of our most undervalued resources.

André St Hilaire, member of the Canadian Water Resources Association, said it's important to make conservation efforts on an individual and national level. If we don't take the time to conserve water now, by 2031 we may be making some of these changes:

Everyone will have to become vegetarian. The amount of water it takes to raise animals for food is extraordinarily high compared to what it takes to grow food sources like vegetables, soy protein and rice. While a pound of beef requires about 2,500 gallons of water, a pound of soy only needs 250 to grow.

Turfgrass will be eliminated. Turfgrass (which covers the lawns of thousands of homes in Canada) is potentially the single biggest waste of fresh water in Canada and the U.S. Indeed, a massive 30 per cent of the available drinking water in America goes to feeding turfgrass (a plant that isn't a food source).

The population will have to shift north.

While Canada is perceived to be a water-rich country, almost all the available fresh water we have is directed north while the majority of the population is in the south. In order to make the most of the fresh



DAVID VAN DYKE/PHOTO ILLUSTRATION

Entrees

- Pasta Pillmavera: The taste of spring veggies, pasta and sauce in one smooth, mess-free capsule.
- Cheeseburger Pill-stravaganza: A primitive sandwich made of meat, bread and cheese. We think you'll find our cheeseburger-flavoured capsules more delicious, nutritious and satisfying.
- Braized Chicken Breast and a Red Wine Reduction: The pill is an improvement!

Desserts

- Chocolate Mousse Pill-spllosion: The real version would have made you fat. We're doing you a favour.
- Apple Pie à la Pill: Just like your mom's apple pie, except more pill-shaped.



DAVID VAN DYKE/PHOTO ILLUSTRATION

Le menu at Pill World — bon appetit!

MICHELLE BLANCHARD IS A FOURTH-YEAR JOURNALISM STUDENT AT CARLETON UNIVERSITY.

Appetizers

- Pile o' Chicken Wing Pills: This smoky, saucy flavour will make you feel like you're eating a whole stack of juicy chicken wings from the rare North American chicken.
- Chicken Quesapilla: The quesadilla was a cheesy, meaty Tex Mex dish mostly served in dive bars in neither Texas nor Mexico.
- Tossed Pill Salad: Dressed from only the freshest remaining vegetables on the planet — tomatoes, spinach and a lot of other "green" things charred beyond recognition.

Specialty Drinks

- Pill and Tonic*
- Vodka, Cran and Pill*
- Whiskey Sour Pill*

*Please note that pills only contain the flavour of alcohol and not the intoxicating properties. All of the fun of drinking without getting drunk is out any of the consequences!

While the average 2011 diet consisted of a variety of fresh and processed foods, massive leaps in agricultural technology led to global use of genetically modified foods. After a series of natural disasters in 2012, the world's supply of sustainable foods was virtually wiped out. Meanwhile, prices for remaining foods have doubled, as Ox-fam predicted back in 2011. Pill World was born — universally accessible, eco-friendly and affordable. Bon appetit!

Since the complete breakdown of the Earth's ecosystem, solid, chewable food has ceased to exist. Fortunately, at Pill World, our scientists have been hard at work replicating the main ingredients in the most popular dishes from 20 years ago and distilling their flavours into delicious pills.

Pills on the menu

With the projected 2050 population at 9.5 billion, there won't be enough water to sustain the world's population if people keep reproducing at their current level.

The environmental adviser to the British government has suggested that families with more than two children are putting an unbearable burden on the Earth. With only one- or two-child families, the world's water supply will last much longer.

No more plumbing.

Toilets, showers, baths, dishwashers and laundry machines are some of the biggest drains on the world's fresh water resources. In order to conserve water, all this activity will have to take place without the use of plumbing — through septic tanks, sponge baths and cycling water.

EMILY RACK, 21, IS A FOURTH-YEAR JOURNALISM STUDENT AT CARLETON UNIVERSITY.

Finding a life on Mars

► Moving to Mars means we could continue our patterns of unsustainable living ► We just need a replacement planet ► Venus also has potential

“Don’t mention other solutions until there is any glimmer of hope that people will make a sincere attempt to put them into practice.”

sumption, of green transportation and of sustainable living — until there is any glimmer of hope that people will make a sincere attempt to put them into practice.

Before any counter-proposals, consider these two points: Those who have the power to influence change are not creating policies to divert from our current path. Secondly, those who have the financial means to invest in real solutions

Mars and leave Earth to be- Mars is approximately half the size of Earth so only half the population should be permitted to move to Mars. Immigrants will be selected based on a key criteria — those who have leading roles in society (celebrities, corporate leaders and politicians).

There is a dual purpose in sending these people to Mars. It is well known that action taken toward climate change and many corporations are the leading cause of pollution. If Mars, the degradation of Earth will be slowed down so a few more generations can live a quiet existence. Don’t mention other solutions — of cutting con-

I shall therefore humbly propose my own thoughts. I have been assured by a reliable Internet blog that there is a great opportunity to colonize Mars. It has a rich environment of carbon dioxide that could be developed into an atmosphere suitable for humans. Therefore, I propose that mankind move to

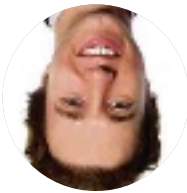
Looking ahead

Michel Chikwanine



SPEAKER, ME TO WE
“I envision that by the year 2031, the world will have met the United Nations Millennium Development Goals. In 2031, every girl around the world will get to go to school.”

Craig Kielburger



FOUNDER, FREE THE CHILDREN
“By 2031, I envision a world in which apathy is no longer an issue. Young people will have the passion and creativity to change the world ... they will be empowered on the world stage and treated as equals.”

Hollywood imagines this generation’s future as a science experiment with apocalyptic results, but author Mark Stevenson insists it doesn’t have to be that scary.

Stevenson spent a year travelling the globe asking scientists and philosophers what’s next for us. He synthesized the answers in his book, *An Optimist’s Tour of the Future*. It is being turned into a TV series and a Hollywood movie.

What are your goals for the book?

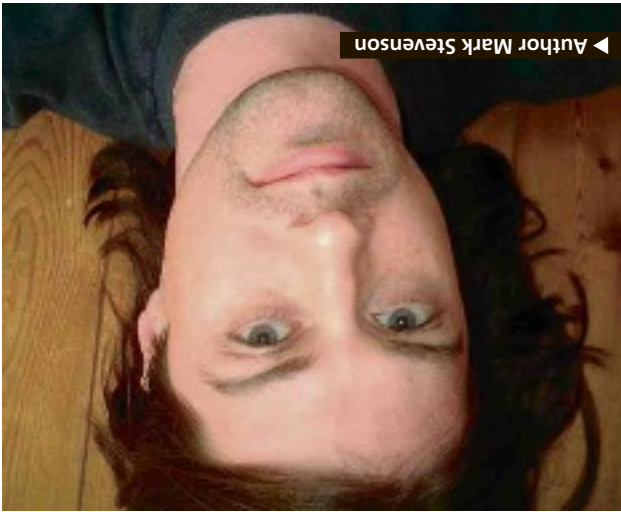
I wanted to write about the scientific horizon for a wide audience because there’s a revolution coming and more of us should be informed.

Did you write from an optimist’s perspective?

“Optimist” appeared in the title because I saw so many interesting possibilities, and my agent said I’d sell more copies. I am not saying the future will be better — I am saying it could

What will be the most interesting scientific innovations?

To quote William Gibson: “The future is here. It’s just not widely distributed yet.” So, synthetic biology is already in use. If you’re diabetic, it’s almost certain your insulin supply is produced by *E. coli* bacteria whose genome has been tinkered with. The list of nanotechnology-based



► Author Mark Stevenson

SUBMITTED

FROM CARLETON UNIVERSITY, BACHISTINA FRANCO, 21, HAS A BACHELOR’S DEGREE IN JOURNALISM

have more to lose so are apt to continue their ways. Moving to Mars wouldn’t mean mankind wouldn’t need to learn a lesson from the wasteland formerly known as Earth — we just need to start searching for another replacement planet. I have heard that Venus also has great potential. Citizens could continue in their patterns of unsustainable living without concern for the future, continuing to think short term, living in their oversized homes and driving SUVs.

Author’s note: This piece has been inspired by Jonathan Swift’s *A Modest Proposal*, in which he satirically proposes children be used for red meat to end Ireland’s economic woes.

The future isn’t so scary

put in the blender.

Are information technologies useful or just overloading us? It’s up to us how we use technology. If you have mass access you must employ mass-filtering. To make decisions we have machines to mine information and get a much clearer picture.

You investigated solar energy and on your trip carried a solar-panel bag. Is that the future of fashion accessories? It does get a lot of comment. Ironically, the battery is broken but the panel works so the new technology is outlasting the old. By 2020 even solar pessimists believe people will be choosing solar because it’s economic rather than green. Regardless of your opinion on climate change, energy independence is better than relying on oil and the few countries who ex-



of our humanity — it’s what distinguishes us from other species. No other animal does this. There isn’t a bunch of dogs putting together an equivalent of your newspaper and no dogs will read it. These innovations will come to be because that’s what human beings do. Hoping to roll back the march of human culture is about as pointless as trying to reconstruct the frog your younger brother just

products already available includes microprocessors, cleaning products, toothpaste, pregnancy tests, stain-resistant clothing, and — it seems to me — a disproportionate number of hair-straightening devices.

As we speed into the future, what’s core to being human? Talking about technology makes people quite scared, but advancement is a whole-hearted expression

SARA FRIZZELL IS A THIRD-YEAR STUDENT MAJORING IN JOURNALISM AT CARLETON UNIVERSITY.

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Born to be ... anyone you want

► Did you want to be an athlete or a rock star? ► Genetics screening will help detect predispositions toward certain skills, strengths and attributes

Ever wonder what you were born to be? The next time you're at the track, you won't be wondering — you'll know. Here's how: Genetic screening in early childhood will detect specific genes that offer a predisposition to certain skills, allowing parents to direct their children toward career paths that they were just born to have.

"There are already options available to test for things like traits," said Jill Davies, director of genetics at Medcan Clinic in Toronto. "You can predict what a person's eye colour will be, or whether they're going to be sprint runners."

Consider this: ACTN3 is a gene found in many elite-level athletes. A variation in this gene can determine whether you're a sprinter or a long-distance runner.

Perfect pitch, the ability to recognize or recreate a musical note, is another trait that may be genetically linked. Dr. Joseph Profita at the University of California has hypothesized that perfect pitch is carried by a single gene and, as such, children with parents who exhibit perfect pitch have a 50 per cent chance of inheriting that trait. In 20 years, 50 per cent could become 100 per cent if two genetically predisposed parents have kids.

In 2031, technology will be able to offer insight into a child's skills, strengths and attributes. Is that a good thing? Yes — because we will also remember that success comes not only with the gift, but with the effort, but with the what we do with it.

► Usain Bolt



DAVID VAN DYKE/PHOTO ILLUSTRATION

EMILY FAUBERT, 17, IS A GRADE 12 INTERNATIONAL BACCALAUREATE STUDENT IN MISSISSAUGA, ONT. SHE IS AN ASPIRING NOVELIST WHO HOPES TO USE HER WRITING TO EXPLAIN WORLD ISSUES SUCH AS ANIMAL TESTING AND HUMAN RIGHTS IN AN UNDERSTANDABLE AND ENGAGING FORMAT.



► Sidney Crosby

whether an individual is predisposed to success in endurance sports, speed and power sports, or a combination of the two.

"You can make predictions about large groups of people," said Jim Rupert, associate professor at the University of British Columbia. "If we took every Canadian teenager who has this particular variant [of ACTN3] and trained

What does this mean? By 2031, children will be able to hone the skills they are genetically inclined toward excellently. Genetic predisposition is not

► Katy Perry



"By 2031 I would love to see a cure for most if not all of the world's terminal illnesses. I would also love to see a world where every human being is treated equally and can equally access and enjoy the resources of the world."

SHAWN DESMAN, JUNO AWARD-WINNING CANADIAN POP ICON AND PRODUCER



Welcome to 2031!

EDITOR'S NOTE

We have seen the future — and we want to share it with you.

Metro's Future Daily began with a simple idea. What will Canada and the world look like 20 years from now? When we reached out to our network of young writers, the response was overwhelming. Story ideas ranged from technology, education and science to the future of media, the environment, fashion and food.

With so many incredible ideas, the scope of the project doubled and the issue began to take shape. We wanted it to be innovative, creative and cutting edge. We found ourselves working with a diverse lineup. It seemed that our writers wanted to focus on issues that reflected their passion, and not just their creativity. So began our summer project...

The stories you will read here reflect the vision of young people across Canada. There is something here for everyone. If you are a

band-aid solutions. Let us all take a step toward that sustainable future. Here's to piloting the next 20 years and beyond!

The Editorial Team

THE FUTURE DAILY EDITORIAL TEAM, LED BY FREE THE CHILDREN STAFF, IS COMPOSED OF FIVE WHO ARE PART OF THE JUNIOR JOURNALISM PROGRAM RUN BY FREE THE CHILDREN.



ACTRESS, DEGRASSI

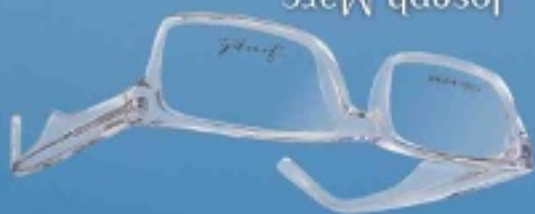
"By 2031, I'd like to see the gap between rich and poor narrowed significantly. Whether on an individual, local or international level, it is such an obvious issue that I think the world must deal with (it)."

PAUL, ACTRESS, DEGRASSI

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Drawing the future

► Youth of today are in control of what their lives will look like in 2031 ► Metro teams up with a group of young writers to get a glimpse of what the future holds

DAVID VAN DYKE/PHOTO ILLUSTRATION/FOTOSARCH.COM

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WHEELS OF TOMORROW

GREEN AND STYLISH
 {page 9}

FUTURE GENETICS

PARENTS TO CREATE THEIR OWN
 SIDNEY CROSBY {page 4}

PILL WORLD

SMALL PORTIONS, BIG FLAVOUR ON THE MENU
 {page 7}